

Sun Safety Tips

- **Minimize sun exposure between 10am and 4pm. Remember UV rays, which are the sun's harmful ultraviolet rays, are strongest and most harmful at midday. Seek shade!**
- **Use sunscreen with at least SPF 15 and UVA/UVB protection every time your child goes outside. For the best protection, apply sunscreen generously 30 minutes before going outside. Don't forget the ears, nose, lips, and tops of feet. Reapply sunscreen after swimming and exercise.**
- **Get a hat! Hats that shade the face, scalp, ears, and neck are easy to use and give great protection. Baseball caps are popular among kids, but they don't protect their ears and neck. If your child chooses a cap, be sure to protect exposed areas with sunscreen.**
- **Wear sunglasses! They protect your children's eyes from UV rays which can lead to cataracts later on in life. Look for sunglasses that wrap around and block as close to 100% of both UVA and UVB rays as possible.**
- **Cover up! Clothing that covers your child's skin helps protect against UV rays. Although a long-sleeved shirt and long pants with a tight weave are best, they aren't always practical. A t-shirt, long shorts, or a beach cover-up are good choices too-but it's wise to double up on protection by applying sunscreen or keeping your child in the shade when possible. Remember, even on a cool and cloudy day, children still need protection. UV rays do the damage, not the temperature. Clouds do not block the UV rays, they filter them-and sometimes only slightly!**
- **Tan? There's no other way to say it-tanned skin is damaged skin. Any change in the color of your child's skin after time outside-whether sunburn or suntan-indicates damage from UV rays.**

On Friday May 24th, Bedwell will participate in Don't Fry Day! Students are encouraged to wear a sun-protective hat and sunglasses to recess in recognition of sun safety care for kids! A group photo will be taken to commemorate National Don't Fry Day!!!